



Kitchen Helper

Posted by **R&J Concessions Inc.**

Posting Date : 14-Jan-2026

Closing Date : 13-Jul-2026

Location : Calgary

Salary : \$17 Per Hour

Job Requirements

- **Education:** No degree/ diploma
- **Language:** English
- **Years of Experience:** Fresher (less than 1 year)
- **Vacancy:** 7
- **Job Type:** Full Time
- **Job id:** ABOJ4912949

Job Description:

R & J Concessions INC

Job details

Calgary, AB T2G 2W1

On site

17.00 hourly/40 hours per week

Seasonal employment

Full time

Early morning, Evening, Shift, Morning, Day, Weekend, Overtime required, Overtime available

Start date: 2026-06-28

End date: 2026-07-15

Benefits:

Other benefits

7 vacancies

Job Bank

#3482934

Overview

Languages

English

JOB POSTING ADVERTISED

Kitchen helper ?

Education

No degree, certificate or diploma

Experience

Experience an asset

On site

Work must be completed at the physical location. There is no option to work remotely.

Work setting

Room and board provided

Responsibilities

Tasks

Clean and sanitize items such as dishwasher mats, carts and waste disposal units

Operate dishwashers to wash dishes, glassware and flatware

Place dishes in storage area

Replenish condiments and other supplies at tables and serving areas

Sanitize and wash dishes and other items by hand

Scour pots and pans

Portion and wrap foods

Prepare, heat and finish simple food items

Clean and sanitize kitchen including work surfaces, cupboards, storage areas, appliances and equipment

Handle and store cleaning products

Receive, unpack and store supplies in refrigerators, freezers, cupboards and other storage areas

Remove kitchen garbage and trash

Sweep, mop, wash and polish floors

Wash, peel and cut vegetables and fruit

Additional information

Transportation/travel information

Willing to travel

Work conditions and physical capabilities

Fast-paced environment

Handling heavy loads

Physically demanding

Repetitive tasks

Standing for extended periods

Work under pressure

Weight handling

Up to 23 kg (50 lbs)

Personal suitability

Reliability

Team player

Benefits

Other benefits

Free parking available

On-site housing options

Transportation provided by employer

Who can apply for this job?

You can apply if you are:

a Canadian citizen

a permanent resident of Canada

a temporary resident of Canada with a valid work permit

Do not apply if you are not authorized to work in Canada. The employer will not respond to your application.

How to apply

Direct Apply

By Direct Apply

Additional ways to apply

rnjconcessionsinc@gmail.com

To apply for this job vacancy, please send your resume along with a cover letter and a reference letter from your previous employer to the following email: rnjconcessionsinc@gmail.com

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